



A POWERFUL PRODUCT

- Promote Youth
- Improve Skin Tone
- Revitalize Your Skin
- Reduce Wrinkles
- Feel Better Every Day



SLOW DOWN THE EFFECTS OF AGING

The Youth Disc is like a facial spa and hormone balancing system you can wear all day long. It can help you look better and reduce many of the symptoms associated with hormone imbalances. It's the perfect choice if you want to slow the effects of aging, want better looking skin, or are considering estrogen therapy of any type.

**If you want to return to the way
you felt when you were younger,
this product is your answer!**

CUSTOMER REVIEWS

Janet B.

Before I started using the Youth Disc, I was having a lot of hot flashes and mood swings and my mental clarity wasn't that good. My memory and thinking is clearer & mood swings are gone! I've had breast cancer and can't have hormonal replacement therapy. There has been NO increased heart rate and no side effects. My blood work was good and my practitioner recommended that I keep using them I am a Medical Administrator so I've seen it all... Thank you so much Body Align!

Julia Rohrmoser

From the moment I began wearing the Youth Disc, I could see and feel the difference in the way my skin looked. Immediately, I could see a brightness in my face. I can see a glow that I haven't seen in a long time. After I had worn it for about a week, my friend looked at me, and said, "What did you do to your face, you look different." In the morning when I awake, I feel great, ready to get up and start my day.

Elaine Kay

For many years I would often awake with "night sweats" at about 4am. Now with Body Align Youth Discs, I no longer have this unpleasant experience. I am also noticing enhanced mental clarity without the occasional "fog brain" feeling and a more youthful appearance in my facial skin. Thank you Body Align!!

Money Back Guarantee

Body Align offers a 30 day money back guarantee. Contact Customer Service to return your unused product within 30 days and you will receive a refund.

Body Align products are intended for healthy men and women, age 18 and over. The guidelines for using our products are strictly for informational purposes and are intended solely to educate our customers. Body Align products and information are not in any way intended to diagnose, treat, or prevent a medical condition. If you have a health concern, contact a healthcare professional. We also recommend you consult with your healthcare professional before starting any new diet, nutrition or exercise program. You may not experience the same results as individuals quoted or shown in videos on our website.

YOUTH

Look & Feel Younger



BODY  **ALIGN**

(800) 655-9855

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www.BodyAlign.com

How to use the YOUTH DISC

When to Apply

The Youth Discs are intended for use by women. They are designed to restore natural hormonal balances. Use them to restore estrogen balance naturally. The Youth Discs are most effective when applied in a rotation cycle of wearing a Disc for up to 3 days then not wearing the Disc for 1 day. Cycle through all the recommended points. There is no need to wear more than 1 Youth Disc at a time.

Where to Apply

The acupuncture points listed to the right are generally effective for the Youth Disc. Use them in your own personal rotation cycle in the order shown. You may also experiment placing the Discs at other locations. In Chinese Medicine, the Kidney, Liver, Gallbladder, Conception Vessel and Governing Vessel play key roles in hormone balance and are the best meridians to use the Youth Disc on.

How to Use

Body Align Products are not negatively impacted by heat or cold, and water won't damage them. Intense exercise that makes you sweat may cause the adhesive to not stick. If you plan to be doing any kind of strenuous physical exertion, consider putting an adhesive bandage or surgical tape over the Disc after you place it on your skin. If a rash develops, remove the Disc.

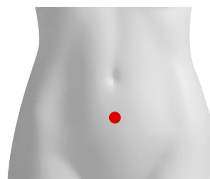
Hydration

Proper hydration is extremely important for the body. It will also make Body Align Products work much more effectively. Body Align suggests hydrating by drinking at least eight glasses of water every single day. The water you drink should be highly filtered or spring water, and never tap water.

SUGGESTED ACUPUNCTURE POINTS

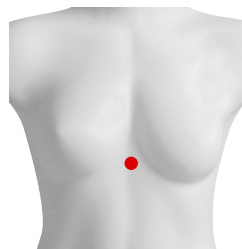
Conception Vessel 4

This is a key point that influences the production and circulation of hormones in the body. It is located 3 finger widths below the belly button.



Conception Vessel 17

This is another key point for regulating energy and hormones in the body. It is easy to find in men because it is located in the middle of the chest directly between the nipples. In women it may be more difficult to locate depending on the size and shape of the breasts. Technically it is level with the 4th intercostal space. Intercostal spaces are the spaces between the ribs. The 4th intercostal space can be located by feeling the spaces between ribs and counting to 4. Locate the first rib by feeling under the collar bone. The space under that rib is the 1st intercostal space. Simply count down between the ribs until you come to the 4th space.



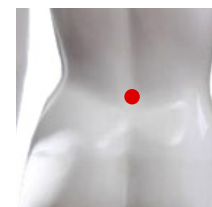
Do NOT use this location if you have any type of heart condition or are breast feeding.

Spleen 6

This is an important point for sending biological signals to the Spleen, Liver, and Kidneys. It is located on the inside of the leg, 4 finger widths directly above the ankle bone.



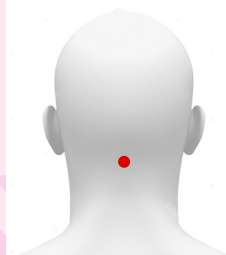
Governing Vessel 3



Research has shown that this point is very effective for regulating hormonal balance, but you will need assistance in placing it on the correct spot on your back. Technically, it is

located directly on the spine below the spinous process of the 4th lumbar vertebra. If that is a bit too technical, you can find it by locating the top of the pelvic bone on both sides of the back. Draw an imaginary line between the tops and the point will be located on the line directly over the spine.

Governing Vessel 16



This is an effective point for normalizing hormone levels. It is located in the middle of the back of the neck between the two big muscles that run parallel to the spine. It is found directly below the skull (the occipital protuberance). To use the Youth Disc on this point you may need to shave off some hair.

Additional Recommended Points

Additional suggested acupuncture points may be found by scanning the QR code at the right or visiting the Body Align website:

www.BodyAlign.com

